Physical prowess

Non magical feats of strenght, dexterity and constituion are at the stories of every martial adventurer, yet D&D 5e often leaves those extraordinary feats to improvisation and DMs decision. The Physical Prowess system formalizes these capabilities, creating a tiered progression that parallels spellcasting levels and brings clarity to heroic physical actions.

What is this system?

Player characters advance through five tiers of physical mastery: Untrained, Trained, Expert, Master, and Legendary. Each tier defines what a character can reliably achieve, from average human performance to feats of legendary heroism.

Strength measures lifting, grappling, breaking. A Trained fighter can shove a door open, while a Legendary barbarian might rip iron bars from a dungeon wall.

Dexterity captures balance, acrobatics, stealth, and precision. A trained rogue can try to pick a rusty lock, but a legendary one can bypass even a magical one.

Constitution reflects endurance, resilience, and stamina. An Expertl barbarian can resist poison or extreme exertion, while legendary one can shrug off the extreme heat of a raging volcano.

Tasks below a character's tier are automatic successes, while tasks at their tier require DC 10 checks. Attempting feats one tier higher is DC 15, two tiers above is DC 20 and anything above is usually impossible to achieve (should not be allowed to roll for). This provides a clear, intuitive structure for adjudicating extraordinary physical actions, making martial heroes feel as capable and consistent as spellcasters

Full martials

Fighters, barbarians, rogues and monks are full martials. Every class released in the future without spellcasting at lvl 1 will also be counted as full martials.

Full martials are trained in one of the three domain of physical prowess (Strenght, Dexterity, Constituion) at level 1.

At level 5, they are experts in their first domain and they become trained in a second one.

At level 11, they are masters in their first domain.

At level 17, they are legendary in their first domain, and they become expert in their second one.

Half martials

Rangers and Paladins are half martials. Every class released in the future with half caster spell progression will also be counted as half martials

Half martials are trained in one of the three domain of physical prowess (Strenght, Dexterity, Constituion) at level 1.

At level 5, they are experts in their first domain and they become trained in a second one.

At level 11, they gain Spellforged Might

Spellforged Might

Through intense focus and the channeling of magical energy, you can infuse your body with the power normally reserved for the arcane or divine. By expending a spell slot, you can temporarily surpass your natural physical limits.

You may spend a 3rd-level or higher spell slot (no action required) to elevate one physical prowess in which you are already Expert to Master for 1 hour. During this time, all feats in that category count as Master-tier.

Alternatively, you may spend a 4th-level or higher spell slot to elevate one physical prowess in which you are Expert or Master to Legendary for 1 hour.

Only one Spellforged Might effect can be active at a time.

The effect ends early if you fall unconscious or your concentration is broken.

You may choose which physical prowess (Strength, Dexterity, or Constitution) to enhance each time you use this ability.

Multiclassing

You determine your domains of physical prowess by adding together the following:

All your levels in the fighter, barbarian, monk and rogue classes Half your levels (round up) in the Paladin and Ranger classes

Character level 1-4: 1 trained 5-10: 1 expert and 1 trained 11-16: 1 master and 1 trained 17-20: 1 legendary and 1 expert

Strenght

Untrained

Break Object: simple soft materials (thin wood panel, old door).
Throw (30ft): 40 lb (heavy tool box).
Climb: rough stone/vines with rope.

Trained

Break Object: sturdy wood, kick open reinforced doors.
Throw : 80lb (wolf, full treasure chest)
Climb: rough stone, vines without rope.

Expert

Break Object: Wooden beams supporting small roofs, Thick barricades made of stacked lumber
Carry, lift, drag, hold: you count as one size larger
Throw : Throw 160 lb (adult human)
Climb: wet stone or icy surfaces.

Master

Break Object: stone walls; metal hinges.
Carry, lift, drag, hold: you count as two sizes larger
Throw : 320 lb (massive stone)
Climb: you gain a climb speed equal to your walking speed.

Legendary

You can wield any two handed weapon with one hand and the damage increases by one die.
Break Object: boulders.
Carry, lift, drag, hold: you count as three sizes larger
Throw : 800 lb (ogre, minotaur)
Climb: you are immune to fall damage.

Dexterity

Untrained

Sleight of hand: pickpocket distracted target
Acrobatics: walk slowly on narrow surfaces

Trained

Stealth: you can treat bright light as dim light for hiding checks.
Sleight of hand: swap objects, pickpocket non distratect target, lockpicking average locks
Acrobatics: normal speed on narrow surfaces

Expert

Stealth: you ignore disadvantage on stealth checks caused by medium armor.
Sleight of hand: pickpocket alert targets, lockpicking high grade locks
Acrobatics: you ignore difficult terrain

Master

Stealth: you ignore disadvantage on stealth checks caused by heavy armor.
Sleight of hand: pickpocket targets during battle, lockpicking magical locks
Acrobatics: opportunity attacks have disadvantage against you

Legendary

You gain an additional attack while two-weapon fighting.
Stealth: you are always under the effect of pass without trace. This feature is not magical for you.
Sleight of hand: lockpicking the best magical locks.
Acrobatics: your movement does not provoke opportunity attacks.

Constitution

Untrained

Endurance : hold breath for 1 minute. Resist mild cold/heat.
Resilience: resist weak alcohol.
Stamina: swim in calm water.

Trained

Endurance: hold breath for 5 minutes. Resist harsh weather.
Resilience: Resist potent alcohol.
Stamina: swim in raging river (not against currents)

Expert

Always reroll hit dices while healing on short rests. You choose which roll to use.
Endurance: hold breath for 30 minutes. Ignore harsh heat/cold.
Resilience: Resist simple poisons.
Stamina: swim in raging rivers against currents.

Master

Endurance: hold breath for 1 hour. Ignore extreme weather (arctic cold/volcano heat)
Resilience: Resist potent poisons. You have resistance to fall damage.
Stamina: swim in storms. You roll with advantage against effects that cause exhaustion.

Legendary

Every success in a death save is a critical success (regain 1hp)
Endurance: hold breath for several hours. Ignore magical weather.
Resilience: Resist magical poison. You are immune to fall damage.
Stamina: You are immune to exhaustion.